ABSTRACT OF THE DISCLOSURE

There is disclosed a vibration member comprising: a driving portion; an elastic member including the driving portion; and an electro-mechanical energy conversion element as a driving source in contact with the elastic member. The electro-mechanical energy conversion element is provided with an alternating signal to generate a plurality of vibrations, and the plurality of vibrations are combined to generate a driving vibration in the driving portion. An ununiformity of rigidity of the vibration member caused by a polarization treatment performed on the electro-mechanical energy conversion element is offset by partially changing the rigidity of the vibration member, so that a stable driving vibration of the vibration member can be outputted.